

Mr. Vanderveen asked Mr. Bradamore why he spent three hours in the restaurant on Saturday night. "Was that at township's expense," he asked. Council members replied: "Yes."

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Wardens from Victoria and Haliburton County
visited with MP Bill Scott last month in his Ottawa
office when they attended a national prayer break-

fast meeting. Above from left to right are Jack
Coulson, Bill Scott and Jim Harrison.

Victoria-Haliburton wardens visit Ottawa

Bill Scott, M.P., Victoria-Haliburton was pleased
to host the wardens of Victoria and Haliburton
Counties recently when they visited the nation's capital
to attend the national prayer breakfast.

Jack Coulson and Jim Harrison travelled to
Ottawa on February 28th as invited guests to the annual
parliamentary prayer breakfast for national leaders
from across Canada. The national parliamentary
prayer breakfast has been held in Ottawa for the past 15
years and brings together responsible leaders in a spirit
of meditation and prayer for themselves and their
nation. The breakfast further serves as a quiet
demonstration that many men and women in positions
of responsibility place a high priority on spiritual
values.

In addition to the breakfast on the morning of
March 1st, wardens Coulson and Harrison attended an
evening dinner meeting the night before where they met
various parliamentarians and other individuals
involved in the prayer breakfast organization. Several
parliamentary leaders as well as guests from across
Canada briefly shared their faith.

Speaker for the morning meeting was Jerome
Choquette, Q.C., former Minister of Justice for the
province of Quebec. Following the breakfast the two
wardens joined other invited guests in a leadership
seminar and discussion period. Senator William
Armstrong (Republican-Colorado) addressed the final
session at noon on Thursday.

Lloyd Johnson Guest Speaker

The March meeting of Minden Women's Institute
was at the Anglican Parish Hall at 2 p.m. on March
21st. Mrs. L. Cox presided and opened the meeting with
a cheery verse and welcomed everyone.

After the usual opening, the Roll Call of a verse
were remembered from school days was answered by 15
members and three guests.

Mrs. W. Moore, convenor, introduced Lloyd
Johnson, chair of the County Board of Education. He
gave a very enlightening report and facts which told us
of the changes in some Ontario Courses and results of
some surveys. His talk was very interesting and for those
who missed it, you missed a great speaker. He also
stated that the board meetings are open to the public but
few attend.

There were some questions and discussion. Mrs.

Cox thanked Lloyd for coming and presented him with
a gift.

The district executive report was read and district
annual is at Fenelon Falls United Church May 24 with
Powles Corners the hostess branch. Mrs. W. Moore
gave her report of 29 cards sent since the last meeting
and collections for this fund and Pennies for Friendship
were taken.

Also mentioned were 4-H Club Achievement Days
at the Ontario Government building in Lindsay March
31st, 9:30 a.m. - 12:30 p.m. and April 11th from 7-10
p.m. Final details for the annual bus trip were given and
further news will be given later. A verse was read by
Mrs. Sears.

The President mentioned that this is the "Year of
the Child" so bring your ideas to the next meeting. This
meeting adjourned and all enjoyed a social half hour
and lunch served by the committee. On the raffle of a
little gift, winner was Maud Coulter.

Next meeting will be at 2 p.m. at the United Church
Hall, April 18th with speaker Mrs. M. Bunker on World
Affairs. Anyone interested in attending is welcome to
come and join us.

Jeanne Sears P.R.O.

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The Highlands Express

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BOB MANN, Publisher

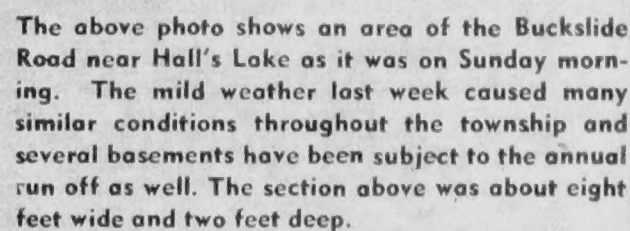
CLIFF BURKE, News Editor



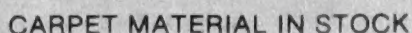
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Be it resolved that council agrees to tender with the Provisional County of Haliburton for the following products in 1979 - 3 miles of priming; 80,000 gal. of non-asphaltic road oil provided such oil contains no PCB's; 50 tons of bagged calcium; 200 feet of 12" culverts; 400 feet of 15" culverts; 200 feet of 18" culverts and 200 feet of 24" culverts and sufficient numbers of couplers. Carried.

Damage has been set at \$1,600 by investigating Minden O.P.P. Constable Boyd Jarvis.

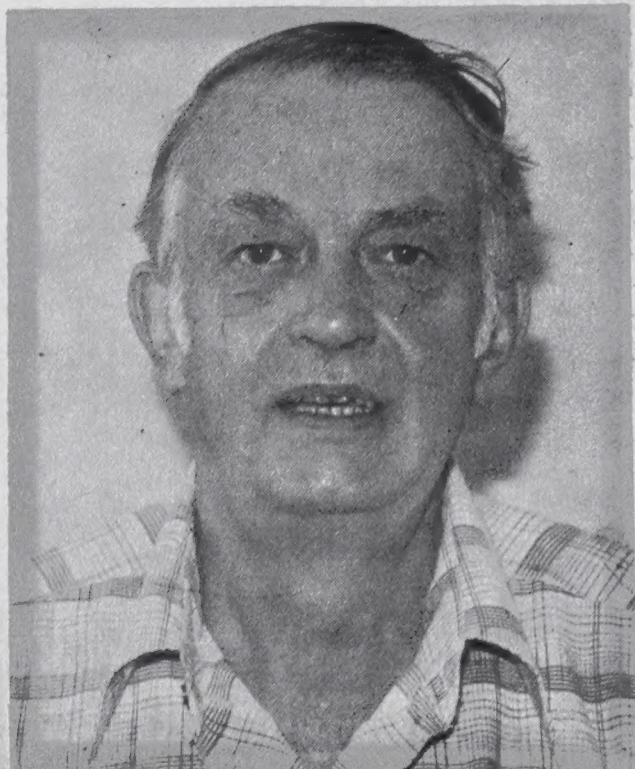


VIEW OF SHELVING AREA



MOLLOU Theatre HALIBURTON	NOT RESTRICTED! NEW ADULT VERSION! SATURDAY NIGHT FEVER Catch it PARAMOUNT PICTURES PRESENTS "SATURDAY NIGHT FEVER" A KAREN LYNCH FILM STARRING JOHN TRAVOLTA • RICHARD DREYFUS • PHOEBE CATALAN Screenplay by NORMAN PANAMA & LESLIE DIAMOND Directed by JOHN DAHLDMAN Executive Producer ALVIN KARPISCHOFF Produced by ROBERT STINEBAUGH Cinematography MICHAEL BALLHAUS Edited by JIM HILL Soundtrack by KATHRYN EVANS/SONIC ON VHS RECORDS ©1978 Paramount Pictures All Rights Reserved	Fri. 30 Sat. 31 Oliver's STORY  ADULT ENTERTAINMENT	Apr. 1 Sun. 1 CARRY ON Emmannuelle +plus+ ADVENTURES OF A TAXI DRIVER
Beaver Theatre MINDEN, ONT.	THE POWER, THE SWEET THE SPECTACLE OF JAMES MICHENER'S Epic Desert Adventure! CARAVANS Proudly TECHNICOLOR 	Fri. 30 Sat. 31 ANTHONY QUINN JENNIFER O'NEILL MICHAEL SARRAZIN "CARAVANS" with CHRISTOPHER LEE • BARRY SULLIVAN JEREMY KEMP • JOSEPH COTTEN Based On The Book By SARTEA MICHENER Adapted By JANICE WHEELER Screenplay By STEPHEN A. NEWMAN AND LORENCE WELLS Produced By ALMO WILLIAMS Directed By JAMES EARLE ADULT ENTERTAINMENT	

Maple Lake butchers train Jamaicans



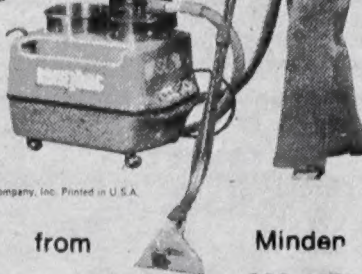
KENNETH WHITNEY

Ken Whitney is the Meat Manager of Welch's Country Market at Maple Lake. Mr. Whitney started in the meat business more than 40 years ago at A & P stores, as a bacon boy in the meat department. He eventually became manager of the meat department. At 17, Mr. Whitney was a relief manager, whose duties included filling in as a manager at many A & P stores around the Province of Ontario. He left A & P after seven years and became a salesman for Amana Freezer Corp. Within seven years he became Zone Sales Manager for the city of Toronto. In 1955 Ken then moved to Glendale, California and studied Physiotherapy at his parents clinic. Eight years later, Ken, his wife Malva and their daughter Beverly moved to Haliburton County, at West Guilford, purchased his present day ranch, Enchanted Acres, and raised purebred Arabian Horses. When he first arrived here from California, he took a job at the Haliburton Red & White in the meat department. He eventually became manager of both the Haliburton and Minden stores. He was then offered the position of meat manager for Haliburton IGA. In 1969 Ken moved to Welch's Store, where he set up the present meat department. Mr. Whitney is a qualified meat instructor and meat specialist for the Industrial Training Branch of the Department of Colleges and Universities of Ontario and also holds many certificates in the field of meat cutting and processing.

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In processing their own pork

MAPLE LAKE - In March of 1977, Ken Whitney, meat specialist at Welch's Country Market in Maple Lake, was approached by Reverend Douglas Miller of the Minden and Carnarvon United Churches in hopes of getting him and his fine young apprentice, Joseph Hughes, to visit his brother Percival A. Miller at his Long Acre Meat Processing Plant in Lucea, Jamaica. The reason being, that the Jamaicans knew next to nothing about the processing of meat and pork.

Plans have been made to bring a retiring Canada Packers meat specialist to Jamaica, to train the employees of Long Acre in the art of processing bacon, sausages, smoked hams, spare ribs etc. (The plant is only set up at this stage for processing pork, but plans are in the early stages now for processing beef, like bolognas, weiners, salami, head cheese etc. later this year or early in 1980)

After the man from Canada Packers backed out of the agreement with Long Acres, the plant sat idle for a few months. However, Rev. Miller happened to mention the plight of his brother to more than 1150 regular customers of Mr. Whitney's business and a customer told Rev. Miller to approach Mr. Whitney, who is considered by many in Haliburton County, as one of the finest meat specialists in the Province, and see if he would be interested in taking on the job of training his brother's employees.

Ken agreed immediately to the proposal and after many long distance telephone calls, letters and telegrams with Percival Miller, an agreement was reached to have Mr. Whitney visit the plant.

FIRST VISIT SEPT. '78

Mr. Whitney made his first visit to the Island plant in September of 1978. Upon his arrival there he found an 840 square foot new building with some processing equipment but nothing set-up. He immediately started drafting up floor plans and ordered the additional equipment needed to start pork processing. This took all of one week.

SECOND VISIT NOVEMBER '78

On this visit, Joseph accompanied Ken for a two week stay. When they arrived at the plant they found everything ready to go as per Ken's instructions on his previous visit. The entire two week period was used in teaching the processing business to employees.

THIRD VISIT FEBRUARY '79

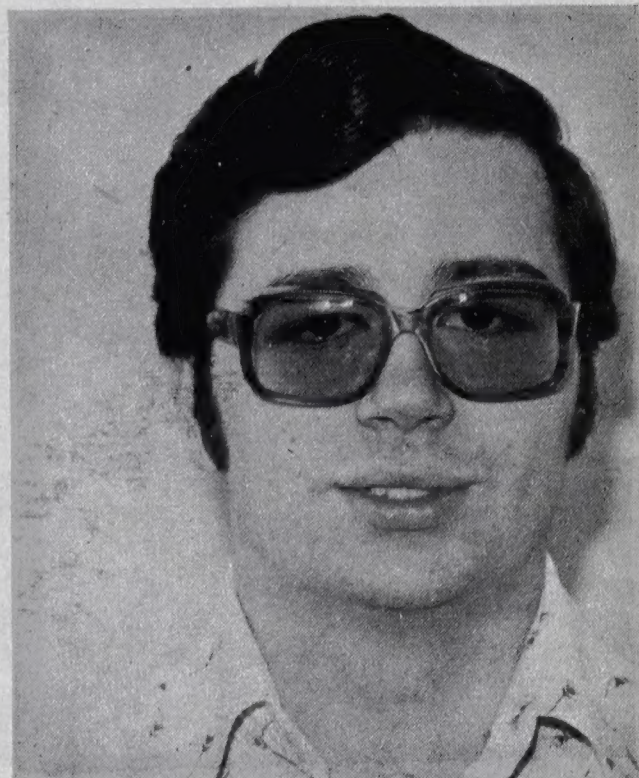
Ken returned in February of this year for two weeks on more or less an inspection tour of the plant, to see that everything he and Joe had taught the Long Acre employees was being done. To Ken's surprise, the Long Acre business had increased to such an extent that a new smoke house was being built to accommodate the increased sale.

Products being turned out by the plant have been completely accepted by the Jamaican people according to owner Percy Miller. He also told Ken that tourists to the area had liked their products so much that they were taking it back to the U.S. and Canada.

Farmers in the area have started raising livestock to sell to Long Acre, whereas before they only raised these animals for their own needs. One farmer came in with some pigs while Ken was there and when the farmer received a cheque for \$600 from Mr. Miller, he couldn't believe his eyes. He had never seen more than 30 or 40 dollars before at one time in his entire life.

It appears our Canadian teachers have done a superb job in Jamaica, and because of this they have helped to reduce the national unemployment figure that hovers around the 75% mark.

Ken Whitney and Joe Hughes will be returning to the Long Acre meat plant next year after the employees have had a year to digest all they've been taught to date. Their next lesson will involve the processing of beef products, which no doubt will need the facilities of another building and more equipment, which in turn will spawn more jobs for Jamaicans.



JOSEPH HUGHES

Joseph Hughes started his apprenticeship at Welch's Country Market in 1973 while still attending Haliburton Highlands Senior Secondary School, hoping to become a government licensed meat cutter. On February of this year, after 7200 hours through this government program, Joe received his final papers. He now holds a certificate in retail meat cutting, butchers licence (slaughter) and his master butchers degree. Joe apprenticed under the watchful eye of Ken Whitney, meat manager of Welch's Store, Maple Lake.

Recreation Committee Minutes

MINDEN - The second meeting of the Recreation Committee took place at the municipal building on Tuesday, March 6th. Present were Chairman Norm Harrison, councillors Lyle McKnight and Stuart Brandon, Faye Mansfield, Wm. Everson, K. Bannon, E. Burke, B. Sisson and reeve Sinc Nesbitt.

Liaison representatives present included Warren Payne, Kinsmen Club; Wm. Obee, Rotary Club and N. Campbell, Figure Skating Club.

A letter from the Minden Rotary Club requesting the committee's approval, which it gave, to move their weekly bingo night from Thursday's to Tuesday evenings each week.

The Committee passed Motion 79-11, agreeing to sponsor the Martin and Downs Circus scheduled for June 7, 1979.

Grants from neighbouring municipalities - The secretary-treasurer was directed to obtain a list from the skating organizations confirming the residences of children registered in the respective clubs. When received, the information will be analysed by the committee.

Ice surface contracts - The committee passed Motion 79-12, that the chairman and secretary-treasurer be authorized to sign the agreements with George Elmes Productions relative to the rink area of the Community Centre for the total agreed amount of \$2,900.00.

Leasing Auditorium - A Motion 79-13, was passed by the committee, that it does not agree to accept the terms of the letter of the Minden Rotary Club dated February 23, 1979, relative to the leasing of the auditorium. Members of the committee adjusted the rental rates for the Arena; rates to be effective April 1, 1979.

Timekeeper:

Your heart works harder
when you're not in the game.
Get fit—and turn the
clock back.



MEAT PLANT IN OPERATION (JAMACIAN NEWS RELEASE)

LUCEA, JAMAICA: Operation at the new Long Acre Meat Processing Plant in Lucea has begun. According to sources connected to the \$150,000 venture, the plant is processing ham, sausages and bacon. A subsidiary of Meat and Poultry Ltd., construction began in 1977, but actual processing was held back due to unavailability of foreign exchange to import needed equipment. Sources connected to the company said distribution has begun in Western Jamaica and in the mall in Jamaica. However, according to one source, the company also has an eye on the export market and has already begun a feasibility study towards this end.



Owner Percy Miller and Ken Whitney oversee Jamaican employees prepare sausage meat for processing.



Joe Hughes demonstrates proper techniques in making smoked hams. Percy Miller, of Long Acres meat processing plant in Jamaica and two of his employees watch carefully.

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Sports

Tigers, Bobcats tied for lead in YBC Bantam Division

CARNARVON - This year's Saturday morning YBC bantams at Carnarvon Lanes are the most competitive bunch in the four year history of youth bowling. There are five teams consisting of 26 youngsters and at the present time there is only ten points separating first and fifth place.

On top at the present time are Beer's Tigers, led by Richard Beers and Johnson's Bobcats, led by Eric Johnson. Each team has 125 points with just four weeks

left in the regular schedule. Play-offs, which are a one week, sudden-death affair, will go Saturday, April 28th. The banquet is slated for Saturday, May 12th at 1 p.m.

Andrew Boyes's Cardinals are in third spot in the standings with 122 points, followed by Jimmy Master's Champs with 121 and then comes Jeff Warburton's Wranglers with 115.

In individual league high honours, Peggy Conway leads the girls with 128 average and 206 single while Heather Boyes has the top two-game set of 362. Among the boys, it's Jimmy Masters with 149 average and 234 single and Richard Beers owns the top double of 403.

Top games rolled last week in bantam play are, Richard Beers 182-221 for 403; Jimmy Masters 211, Kevin Cooper 182, Andrew Boyes 166, Eric Johnson 165, Robbie Boyes 150, Tammy Masters 149.

This Saturday in YBC action, the final in-house tournament of the year will take place. It's the 'I Beat My Average' tournament and each Division, Bantam, Junior and Senior, will take part. An attractive crest will be presented to each bowler who scores higher than his/her league average for the first game bowled.

Wes Stata to represent Haliburton Legion at Provincial finals

OSHAWA - On Saturday at Motor City Bowl, the Reginal finals of the Royal Canadian Legion Bowling tournament were held, with teams, singles and doubles competing for the right to go to the Provincial finals in Sudbury on Saturday, April 7th.

Trenton No. 1 came up with a super effort of 3631 for three games to win the team event. Bowmanville's No. 2 team placed second with 3499 and Oshawa finished third with 3497. These three teams will now represent this region at the provincials. Haliburton's No. 1 team finished in 11th spot with 3075.

In Doubles action, Lakefield finished first with 1636, Oshawa finished second and third with 1480 and 1412.

The singles competition was fiercely fought and Trenton came out on top with 766. However, Haliburton's Wes Stata, who bowls out of Carnarvon finished second with 731 and will be going to Sudbury. Campbellford finished third with 722.

300 club at Carnarvon

CARNARVON - The 300 Club at Carnarvon Lanes this year now stands at 184 games of 300 or over bowled. There has also been a 408 rolled by Bruce Elliott of the Wednesday night mixed league.

Hopefully, if arrangements can be made with the lanes for a date this summer, a 300 Club tournament can be conducted. This type of tournament is being run in many OBC Houses around the province and all indications are that it is extremely successful. An entry fee of say \$5.00 could be charged and the top finishers on a pins over average basis for five games will win cash prizes.

Carnarvon team finish 6th at national classified regionals

Over the weekend, two teams from Carnarvon Lanes took part in the National Classified bowling championships, regional finals, sponsored by the Bowling Proprietors of Canada.

The men's team, consisting of Glen Abbott, Herm Bosley, Elroy Terry, Bob Robinson and Fred Cox competed in Peterborough at Lakeview Bowl and had to settle for sixth place. The top four teams in each of the men's and ladies regionals will be representing this area at the Provincial championships to be held April 7th at Oshawa Lanes in Oshawa.

Oshawa's Motor City Bowl finished on top in the men's competition, rolling a three-game set of 3766. Scarboro's Comet Lanes placed second with 3575, Port Hope's Pinecrest Lanes was third with 3390 and fourth went to Ottawa's Preston Lanes with 3127. The ladies division of the Regional rollofts took place at Whitby Bowl in Whitby on Sunday.

Carnarvon finished sixth with a total of 2865. Representing the lanes at Carnarvon were Margaret Schepers, Debbie Allin, Marnie Robinson, Lil Martin and Ev Stata. The following teams will be going to the Provincials: Bowmanville, 2963, Oshawa No. 1, 2951, Oshawa No. 3, 2943 and Whitby 2914.

SPORTS BRIEFS

Playoff action underway at Minden's curling club

MINDEN - Another very successful regular season of curling has come to an end at the curling club and playoffs are underway. Three of the finished league standings are as follows.

In the Wednesday night mixed league Garth Kellett's rink took top honours with 85 points. Second place went to Bob Austin with 80 and third to Don Blakey with 55.

Paul Prentice's rink on Thursday evening emerged victorious this season, amassing a total of 85 points to edge second place Ron Reid by 15 points. Third spot went to Alec Millar with 70 points as well.

Action in this year's men's league was again very competitive, with nine teams participating. Alec Miller in the 1978-79 league championship, collecting 70 points. Right behind with 50 points, were the following three rinks, Syd Brown, J. O. Jackson and Paul Prentice. Garth Kellett was next with 40, Ron Reid and Heuss each had 30, Neil Burk and Bob Austin finished up the track with 20 points.

IAN COLTMAN ROLLS 857 TRIPLE

CARNARVON - In the men's commercial bowling league on Wednesday evening, Ian Coltman had one of his best nights of the season, rolling singles of 278-322-257 for a fine 857 triple for his Rockcliffe Hotel team. On Tuesday evening while bowling with the Combines Ian had a super 385 single, the second highest single rolled at Carnarvon this season. Bruce Elliott of the Wednesday night mixed league holds the high game of 408.

With four weeks left in regular league play, Peterborough Lumber continues to hold first place in the overall league standings with 392 points. However, Modern Electric did pick up another point on the PL boys and have closed the gap to eight points with 384. Third spot goes to Ingoldsby with 359, fourth is Guilford Rec. with 338, fifth is the Rockcliffe Hotel with 337 and sixth is NorPhoto with 316.

Some other top scores rolled Wednesday go to Fred Cox of PL with 822 (305), Bob Robinson, PL, (313), Ronnie Robinson 785, Grenville Barry 784 and Gord Darby 725.

Some of the top 300-games rolled to date go to Ian Coltman, Tuesday Combines, 385; Ron Robinson Sr., Maple Lake Mixed 380; Fred Cox, Maple Lake Mixed 380; Wes Stata, Men's Commercial, 375; Ronnie Robinson Jr., Maple Lake Mixed 378; and Don Burch, Men's Commercial, 369.

Please Help...

... when Minden Minor Hockey comes knocking at your door this Saturday, please help by donating a dollar toward a MICROWAVE OVEN ticket.

Draw will be held on Saturday, April 7th, '79.

Thank You.

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Sports View



BASEBALL GLOVES were made to order in a mobile workshop that visited the major league spring training camps. Mizuno, a Japanese firm with more than 30 years of experience, used the factory on wheels to introduce its leather products.

On Sports

BY JOHN DALTON

How will the Los Angeles Dodgers, the National League's defending champs, do this season?

This is how Dodger manager Tom Lasorda sizes things up:

"There are three types of baseball players — those who make it happen, those who watch it happen and those who wonder what happens.

"Our players are the ones who make it happen and they're the ones who will make it happen again in 1979.

"We're looking forward to bringing Los Angeles another National League pennant, but we're also going to bring home a World Championship.

"We've lost four players from our 1978 squad, but this isn't going to make a difference in our season. One player doesn't make a team. Just like one man doesn't make a corporation. It's teamwork that makes it happen.

"The 1979 Dodgers will have two new faces in infielder Derrel Thomas and outfielder Von Joshua.

"Thomas will help us as a utilityman. He can play second base, third base, shortstop and the outfield.

"Joshua returns to the 'Dodger Blue.' He won a batting title when I last managed him. He can be a big asset for us. Von has outstanding speed and he makes good contact. He'll be given a shot in the outfield.

"Our infield shapes up as first baseman Steve Garvey, second baseman Davey Lopes, shortstop Bill Russell and third baseman Ron Cey.

"Garvey had another outstanding season. Lopes proved that he is one of the finest clutch players in the game last season and he put together his finest year in the majors. Russell is the best shortstop in baseball. He was superb last year. Cey played another vital role in our championship season.

"Our outfield looks to be composed of Reggie Smith, Dusty Baker and Rick

Monday. They form as good an outfield as there is in baseball.

"Smith was consistent all year. He put together two unbelievable streaks that kept us together and were instrumental in our championship.

"Baker's power fell off last year, but Dusty has been working hard towards 1979 and we'll see the real Dusty Baker.

"Monday was torrid in April and then injuries beset him for the next month and one-half. A healthy Rick Monday for the entire season would be a big plus to us offensively.

"Our catching will be handled by Steve Yeager, Joe Ferguson and Johnny Oates. Yeager is as dependable as they come. Steve had to battle several injuries last year and his batting average fell off, but he's been working very hard during the off season towards a successful year. Ferguson will give Yeager a battle for the starting spot. Oates is a great contributor to our team.

"Our pitching staff will find our starting corps of Don Sutton, Burt Hooton, Doug Rau, Rick Rhoden and Bob Welch. Terry Forster had an outstanding season for us last year and we look for him to have another super year out of the bullpen in 1979. Charlie Hough will throw his knuckler again for us and Lance Rautzhan will be our other stunner."

Suburbia



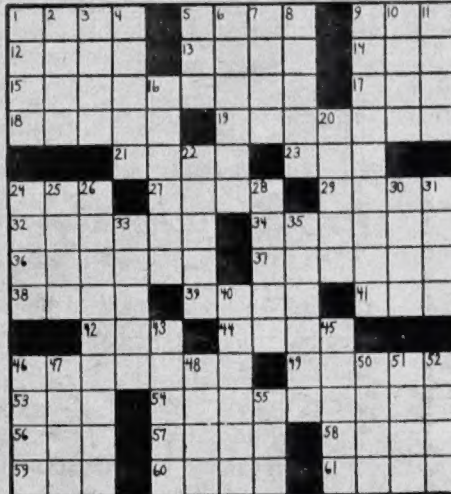
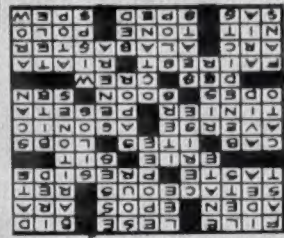
"What this country needs is a woman budget director with supermarket shopping experience."

Crossword Puzzle

Workaday World

- ACROSS**
- 1 — cabinet
 - 5 — majesty
 - 9 What an auctioneer wants
 - 12 Arabian gulf
 - 13 Heroic poetry
 - 14 Brazilian macaw
 - 15 Having bristles
 - 17 Soak flax
 - 18 What a good cook pleases
 - 19 What a chairman does
 - 21 Iroquoian Indian
 - 23 What an artist's model does
 - 24 What a taxi driver operates
 - 27 Followers
 - 29 What a tennis player does
 - 32 Opposed
 - 34 Forming no angle
 - 36 Smaller
 - 37 Spanish coin
 - 38 What a poet writes
 - 39 In a short time
 - 41 Japanese coin
 - 42 — Moines, Iowa
 - 44 They work on ships
 - 46 Prettiest
 - 49 Lasso
 - 53 Curve
 - 54 White gypsum
 - 56 Insect egg
 - 57 Inflection
 - 58 Pony riders' game
- DOWN**
- 1 Rapid
 - 2 — man
 - 3 Permits
 - 4 Growing out
 - 5 Confederate general
 - 6 Narrative poem
 - 7 Acid
 - 8 Worms
 - 9 Singers
 - 10 Angered
 - 11 Fruit
 - 16 Color
 - 20 Farmers use them
 - 22 Roman roads
 - 24 Roman consul
 - 25 Eager
 - 26 Newly married men
 - 28 Relish
 - 30 Food mouthful
 - 31 Glance over
 - 33 Stair part
 - 35 Classes
 - 40 Gasoline quality
 - 43 Chairs
 - 45 Small broom
 - 46 Tooth
 - 47 Opera singers present them
 - 48 Spill over
 - 50 Upon
 - 51 Distant (prefix)
 - 52 In a line
 - 55 Chambermaid make it

Here's the Answer



NO TV IN THIS SHOW'S FUTURE — Generally, when an actor of note does a one-man or one-woman (one-person?) show, it's something like Hal Holbrook's portrait of Mark Twain or James Whitmore's Will Rogers or Harry Truman, and someone films it for a telecast.

The odds are very much against such a thing happening to Fionnuala Flanagan's show, "James Joyce's Women" ... Not without so much editing that the heart and soul of Joyce would be removed.

After playing the show, directed by Burgess Meredith, in "suburban" Los Angeles theaters, including a couple of nights at the Westwood Playhouse, Fionnuala brought the show to the Huntington Hartford Theatre for a one-week run.

She looks beautiful and she is a fine actress, but the material, even by today's standards, is far too erotic, in most cases, for television. Her Molly Bloom monologue, which she does lying atop a bed after she has removed her robe, certainly shows sides of Fionnuala never revealed on "How the West Was Won." (It shows all of

her!) Even if she were clothed, it's hard to imagine some of that on TV. Well, maybe PBS.

SPEAKING OF CLOTHES — Jo Anne Worley confessed on a recent edition of "All Star Secrets," a new NBC-TV daytime show, that she was so desperate to break into show business that she dressed as a man to audition for a summer stock production of the all-male play, "Mister Roberts."

ORRIS'S NOT LYIN' — Lorrie Mahaffey, the cutie from "Happy Days" who is also Mrs. Anson Williams, flew to Las Vegas to appear on a segment of Dinah Shore's show, being taped there. There was a shortage of dressing room space, so Lorrie found herself sharing with Marilyn McCoo. That was fine.

From what we've been reading, it's getting a little drafty around the Pentagon corridors.

Then it turned out two more ladies were due to share with them — two lion tamers. What got really hairy for Lorrie and Marilyn was that the ladies brought along their pets, not only a pair of lions, but also a pair of leopards. Lorrie and Marilyn decided they possibly could dress in a corridor, so they left the den to the lions.



"I'm getting the nickel beer, but feel free to order an expensive 15 or 20-cent drink if you like!"



MARATHON runners William and Robert Lange kept in shape with a daily run across a bridge into Tien An Men Square in Peking while on a business trip recently. The Newport Beach, Calif., brothers believe jogging will catch on in China as it has in other parts of the world.

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HALIBURTON — ONTARIO

Cardiff Council Minutes

March 8, 1979

The Regular Meeting of the Council of the Corporation of the Township of Cardiff was held on the above date with the following members present: Reeve, Malcolm McGillivray, Deputy Reeve, Mack Peters, Councillors, Ross Lawrence and William Hutton. Councillor, Elmer Hughey was absent due to illness. Members of staff present were: Thomas Elliott, Road Superintendent, Clifford Rattle, By-law Enforcement Officer & Chief Building Official, and Mrs. Gayle Billings, Clerk-Treasurer.

Also in attendance were: Bruce Gould, member of Land Division Committee, Ivor James and Stewart McIlrea from Ministry of Revenue, and Robert Donovan.

Councillor Hutton declared an interest in the matter concerning the issuing of a building permit regarding R. Donovan.

With Reeve McGillivray in the chair:

Lawrence-Hutton: That the Minutes of the last Regular meeting of Council held February 8, 1979 be adopted as circulated. Carried.

Lawrence-Hutton: That severance application number H-24/79 is hereby approved. Carried.

Hutton-Lawrence: That the Council of the Township of Cardiff hereby requests the Ministry of Revenue to conduct a study to determine the effect that equalized assessment under Section 86 of The Assessment Act, would have on the assessment in the Township of Cardiff. Carried.

Lawrence-Peters: That whereas in accordance with the Municipal Act, R.S.O. 1970 as amended, Sec. 547, certain lands have become

liable for assessment for the taxation year of 1979;

Now therefore the Council of the Township of Cardiff hereby apportions the assessment of these properties as indicated herein, and such taxes as are applicable shall be collected in the same manner as all other taxes;

Roll No. 07023000200 \$2,075 Res., 07023000206 \$200 Res., 07023000207 \$200 Res., and 07023000208 \$200 Res., effective January 1, 1979. And also Roll No. 17017000400 \$160 Res., and 17017000600 \$200 Res., effective January 1, 1979. Carried.

Lawrence-Hutton: That due to an increase in the Ministry of Transportation and Communications maximum subsidizable rates for equipment rentals, MR222 effective January 1, 1979, the Township of Cardiff therefore establishes equipment rental rates for Township's owned roads equipment as follows: effective January 1, 1979: 1977 IHC, 50,000 GVW - (Truck No. 1) - 13.25 per hr. plus 5.85 for snow plow harness. 1970 GMC, 28,000 GVW - (Truck No. 2) - 8.20 per hr. 1973 IHC, 32,000 GVW - (Truck No. 3) - 8.20 per hr. plus 7.25 for sander body. 1975 IHC, 48,000 GVW - (Truck No. 4) - 13.25 per hr. plus 5.85 for snow plow harness. Grader, Wabco 444, 125 HP - 13.50 per hr. plus 2.00 for Vee plow. Loader, JD 450C, 65 HP - 12.35 per hr. Compressor, 150 CFM - 7.95 per hr. plus 3.25 for drill. Steamer, propane fired - 6.90 per hr. Trailer, 12T - 6.15 per hr. Chainsaws - 1.70 per hr. The above rates do not include labour. Carried.

Lawrence-Peters: That resolution number 7, passed on February 8, 1979 be amended in part to read: "...

Roads Voucher No. 79-1 - \$27,174.09, including \$8,132 purchase price of sander body. ..."

Lawrence-Hutton: That a proposed program of road expenditures for the Township of Cardiff for the year of 1979 as follows: Construction \$31,200; Maintenance \$52,000 be adopted and submitted to the Ministry of Transportation & Communications for approval. Carried.

Lawrence-Hutton: That whereas the Township of Cardiff intends to spend \$37,500, for construction in excess of the normal amount included in the normal allocation of subsidy for 1979;

Therefore the Township of Cardiff hereby requests a supplementary allocation of subsidy under the Public Transportation and Highways Improvement Acts, in the amount of \$30,000, for the purposes of crushed stone and double prime surface treatment from Hwy. 648 to the Herschel boundary. Carried.

Lawrence-Hutton: That the Council hereby sets the wages to be paid by the Township of Cardiff for 1979 as follows, retroactive to January 1, 1979: Machine Operators Class A: at 6.00 per hr. Machine Operators Class B at 5.00 per hr. Roads Labourers at 4.60 per hr. General Labourers at 4.50 per hr. Carried.

Lawrence-Hutton: An increase in the Road Superintendent's salary for 1979 was tabled and approved by Council. Carried.

Lawrence-Hutton: An increase in the Clerk-Treasurer's salary for 1979 was tabled and approved. Carried.

Lawrence-Peters: That the following accounts are hereby authorized for payment as

follows: General Voucher No. 79-2 in the amount of \$6,077.66 including remittance to Ontario Hydro of \$2,944.75 being hydro arrears collected which were attached to the Collector's Roll, Roads Voucher No. 79-2 in the amount of \$10,719.06. Carried.

Lawrence-Peters: That the Clerk is hereby authorized to close the Municipal Office on March 22 and 23, 1979. Carried.

A by-law to contract for liability insurance, commonly known as "Errors and Omissions" insurance, was read a first, second and third time, passed, signed, sealed and numbered. By-law No. 4-79 and engrossed in the By-law Book. Carried.

Lawrence-Peters: That this meeting of Council be adjourned until the next Regular meeting of Council to be held April 5, 1979 at 7:00 p.m. or as called by the Reeve. Carried.

someone else to take all the bows. Assert yourself and nab the initiative. Virgo. It's fun to receive applause! Later, Venus sits on your shoulder and feminine opposition is voiced.

LIBRA (9-23/10-23): You may be attracted by a brash newcomer with a ready wit, Libby. Unless you want to be one of many on his string, however, just look; don't tarry. Concentrate on work projects. You have one to finish up and one beginning to tug at your sleeve for attention. Week ends with a kiss.

SCORPIO (10-24/11-22): Clear your desk for action, Scorp. Avoid the temptation to stick your finger in a dozen pots and zero in on the two or three most promising ones. Later, go pick a daffodil for one you love. Week sparks to zippy close.

SAGITTARIUS (11-23/12-21): Don't play Nero in week ahead, Sag. I know that nobody loves fun and games (and romance!) quite like you do, but while you're fiddling around, several brushfires could get out of control. 'Nuff said? Hope so!

CAPRICORN (12-22/1-19): Home and family matters supply the focus for this week's forecast. Your calm and determined manner is your ace in the hole, Cappy. Later, Cupid rings the bell and you're off and running. Finally, hum a C note, for care.

AQUARIUS (1-20/2-19): Take the lead in making important contacts. Be straightforward and give complete explanations, Aquari. Later, old ghost may come back to haunt you. Make the necessary arrangements to exorcise him once and for all. Week ends brightly with a whole lot of lovin' and frolic.

PISCES (2-20/3-20): You could find extra pennies this week, Pisces. Plan your budget well to make the best possible use of them. Cupid gifts you with a charm quotient that's out of sight. You can entice the birds from the trees, or better yet, that very special person you've had your eye on.



Samantha

READS YOUR STARS

If you were born this week: To say that you thrive on activity is an understatement. You can be easily bored, so you change scenery and pace often, and can never be found in a rut. You need personal freedom and dislike taking orders. Your temper is quick, but soon over, and you rarely hold grudges.

ARIES (3-21/4-19): Conflicting feelings could whirl you into emotional confusion, Ari. Think before you take any plunges. Remember that rash acts an April fool make, babe! Later, Ma Bell keeps your circuits busy; listen mo-

than you talk. Days teeter by to tipsy conclusion.

TAURUS (4-20/5-20): Old proposition may be resubmitted for your further inspection, Taurus. You know, it really doesn't look much better this time around. Later, a new

face appears and you feel a romantic tingle — and it's not just static electricity, sweetie! Finally, send panhandler packing.

GEMINI (5-21/6-20): Week ahead sees you as busy as that proverbial bee, Twin. Desires and goals are highlighted. Now, you can wish and wish for the things you want, but until you begin to work toward making them actually happen, they'll remain just wishes. So what are you waiting for?

MOONCHILD (6-21/7-22): Inspiration strikes and you see your way around a certain sticky wicket, Moonbaby. Learn to work with one whose personality is abrasive to you and you'll both make strides. Days continue with a party and a whisper.

LEO (7-23/8-22): Ruffles and flourishes get your week off to a fine start. Many options are open to you. Be discriminating and use your talents wisely, Leo. Romantic promises may not live up to all your expectations. Sorry about that!

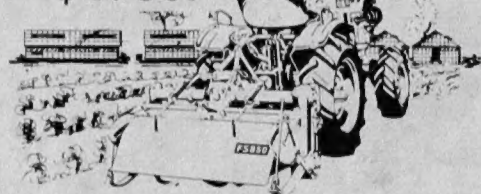
VIRGO (8-23/9-22): You usually do all the work and allow

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**IMMUNIZATION CLINICS
FOR
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Place: Minden Municipal Office

Time: 2:00 p.m. to 9:00 p.m.

Date: April 9, 1979

62 turn out for 30th annual meeting

The 30th Annual Meeting of the Minden Branch of the Canadian Red Cross Society was held on Tuesday, March 13, 1979 at the Fireside Restaurant, and was a great success. The dinner meeting was chaired by President Jim Burton and was attended by 62 members and guests. Rev. David Barclay gave the invocation and after the dinner, the business meeting was conducted.

Annual reports were given by the secretary and treasurer and the following Chairpeople: Memorial Fund, Hospital Statistical, Loan Cupboard, Campaign, A.I.D., Emergency Services and C.P.R.

David McKinlay reported that the 1979 Campaign is well under way and showing a greatly appreciated response even at this early date.

Brigadier General James F. Westhead, Chairman, Emergency Services Ontario Division, Red Cross was our guest speaker and gave us some very interesting information. There are 300 million people in 127 countries around the world engaged in Red Cross work and our Branch is a part of this huge family helping others in time of need. When the oil explosion and fire occurred in Mississauga last fall, Red Cross Emergency Services cared for 1,000 adults, children and babies from 11:00 p.m. to 10:00 a.m. providing shelter, clothing and food until more permanent arrangements could be made. This is only one type of disaster that Emergency Services covers.

General Westhead was thanked by Paul Heffer on behalf of our Branch and was presented with a copy of "In Quest of Yesteryear" as a token of our appreciation.

Emergency Services has been organized in Minden and area under Allan E. Stott and will be working closely with our Reeve, Council, Fire Department, OPP and other related services.

Millie Blair, Assistant Director of Emergency Services, Director of Tracing and Reunion, Director of Corps and Ken McBride, Director of Emergency Services accompanied General Westhead for the evening from Ontario Division in Toronto.

At the end of the evening, the following people were presented with Certificates by General Westhead for their recent course taken in Emergency Services: Jean Anderson, Don Berry, Stan Blears, Estella Burch, Jim Burton, Grace Coburn, Helen Johnson, Dr. Jeff Lodenquai, Dave Magee, David McKinlay and Donna Monk.

The great earthquake in Lisbon, Portugal, on Nov. 1, 1755, took some 60,000 lives.

The original European population of Manhattan Island consisted of eight men landed by the Dutch ship New Netherland in May of 1624.



Thinking Slim

BY JEAN NIDETCH

Generalities are easy to make and hard to substantiate.

Having said that, I'm going to generalize! There are "shower" people and "bath" people and, while one may trespass into the waters of the other, by and large each is committed to his or her own way of bathing.

When you think of it, bathing is one of the simplest and cheapest forms of pleasure around. Who doesn't feel good after a brisk shower or a nice hot tub?

I know one woman who cherishes her bubble bath, for reasons some of you may respond to. I know I did, when Nancy told me her story.

"I was always fat," she said. "As a child, I loved playing in the bath, like other kids, and being 'tubby' didn't make much difference."

"But by the time I was 20, I was 65 pounds overweight and I couldn't enjoy a bath. After all, when you're that heavy, it's a chore to settle into a tub. You certainly can't sprawl — there isn't room."

"So I finally took the easy way out. I began taking showers instead and accepted the situation just the way I contended with other aspects of being fat." For example, not fitting comfortably in theater seats or on the bus or the thousand and one other considerations people who don't have a weight problem never think about.

Well, suffice it to say that a couple of years ago, Nancy got fed up with being fat and inconvenienced and put herself on a weight control program.

"One night, after I'd lost 30 pounds, I came home from work exhausted."

"Oh, how wonderful it would be to lie in a hot tub, I thought. And then it dawned on me that without those 30 pounds, I probably could! So I filled up the tub, sank in and enjoyed the first of what has become a cherished, daily pleasure for me."

"Every night," she said, "I take a hot bath with different scented bubble beads or herbal leaves and I can't tell you how delightful it is."

"Especially when I think of all the years I was deprived of this simple delight simply because I was fat."

Are you depriving yourself of something as simple as a hot bath because you're overweight? Give yourself a break, my friend. Get rid of those pounds and get back into the tub, or out on the tennis court or into jogging shoes, or into a size 10. If Nancy and I could do it, so can you!

Are you concerned about being overweight? Send a long self-addressed stamped envelope to **OVER WEIGHT AND YOUR HEALTH ... The Vital Connection**, Jean Nidetch, c/o this newspaper. The words **OVER WEIGHT** must appear on your envelope.

Snippets

The first recorded dynasty of China was the Hsia, from about 200 B.C. to about 1500 B.C.

Vatican City is an independent state under terms of a 1929 treaty with Italy.

Our Ancestors



"If war gets much more horrible, the only place where man can live will be underground!"

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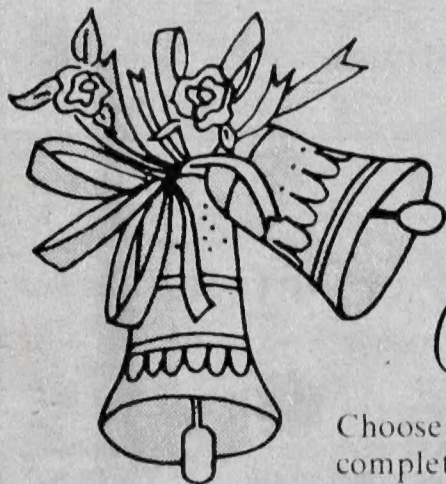
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Canadian Comment

BY PETER WARD

OTTAWA (SF)— After a number of years around Parliament Hill, you get a feel for the way the system works, but it takes a collec-

tion of many minor tidbits of information to construct an effective picture of exact channels of command. One of the most alarming

developments has been the growing lack of responsiveness in the federal government to the national will. The Pepin-Robarts task force on National Unity recognized that fact in their report and recommended assigning more power to the provinces as one way of getting government closer to the people.

A good part of the reason this has happened lies in the way the Privy Council office — the PCO — now operates. Under former prime ministers Diefenbaker and Pearson, the PCO was a relatively modest organization of top civil servants. Within the past decade, under Pierre Trudeau, the PCO has grown faster than any other department in this, the fastest-growing government Canada has ever seen.

We are now at the state where individual officers in the PCO are responsible for specific government departments and speak regularly with the deputy minister, assistant deputies and directors of the department. Information on department programs is

thus funnelled through the more junior PCO officers — up to Michael Pitfield at the top, and hence to Prime Minister Trudeau.

The system works backwards, too. Pitfield, or the senior PCO officer who sits in on all cabinet and cabinet committee meetings, briefs the departmental officers in the PCO on what happens in those meetings, hence the PCO is able to pass on its version of cabinet instructions to each department, then monitor departmental action to make sure programs are acted upon.

It's a system which short-circuits the ministers of cabinet in their authority over their departments and a system which rules the departmental bureaucrats through fear of the all-powerful PCO.

It also enables Prime Minister Trudeau to enter any cabinet meeting knowing in advance how each of his ministers will feel about any matter under discussion, and why each minister holds the views he will expound.

The threads of power are woven into one solid rope of control through the PCO and lead through Michael Pitfield to the PM himself. He has more control over every facet of government than any prime minister in Canadian history, and the responsive nature of democracy in Canada has been all but killed.

• NOTICE •

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Applications are invited to fill three (3) vacancies on a Newly Established "Community Centres Board" to be responsible for the management and control of the Stanhope Firefighter's Community Hall.

A-N-D

Applications are invited to fill one (1) vacancy on the Stanhope Recreation Committee.

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In the News

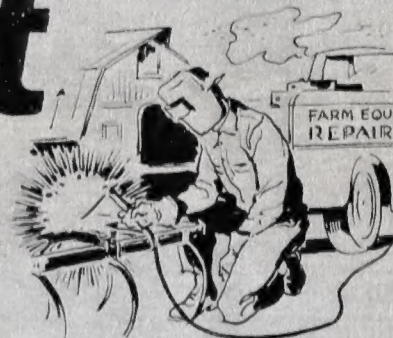


THIS young man finds the spotlight follows him. He's John F. Kennedy Jr., who's 18. How time flies!



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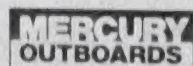
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70 CHEV NOVA 350, V8 automatic, uncertified, asking \$200. Call 457-1372. (9)

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Used CHESTERFIELD — 100% nylon fabric, like new condition, phone 457-2912. (9)

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1977 Pontiac Parisienne — 32,000 miles, brown & beige excellent condition, 1 owner, \$4500. Call 286-2860 evenings. (9)

SNOWMOBILE for sale — 1974 Skirouille RT300, with rally pack (speedometer & tach) 650 miles, very good condition, one owner. Also 1971 Skidoo trailer, complete pkg. \$650. call 489-2866. (9)

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BUDGIES — three pair are ready to breed. Sold separately or as a pair (\$10). Call 457-1302. (8)

Used Electrolux vacuum cleaner, \$50. Call 457-1302. (8)

73 MOTO SKI, 340 twin, 28 hp, new helmet, licensed & insurance, will transfer — \$500. (416) 571-1347. (8)

Super-mini Homelite \$150.
902 Homelite \$175
020 Stihl \$175
051 Stihl \$225
4 hp Viking Snowblower 175
8 hp Viking Snowblower 295
7 hp Bolens Snowblower 395
10 hp Bolens tractor, mower and blower \$1850
20 hp Bolens tractor with cab, demo, list \$6100.00 — NOW \$4250.
340 Polaris TX snowmobile \$1700.

**NORTH SHORE
LAWN & GARDEN**
Telephone 489-2489

GOLD DRAPES, 2 panels, 90x90 and a ladies bicycle. Call 286-2771. (10)

DOWNHILL SKIS, poles & boots, women's size 8 used only twice. \$80. Telephone 489-2350. (10)

Interior — Exterior
HOUSE PAINTING
Call 754-2336 anytime.

FOR SALE

CHAINSAWS — used. We have 15 reconditioned saws on hand, all at reasonable prices. Woodcutter Supply, Hwy. 121, 5 miles west of Minden. 286-2771. (4tfn)

SNOWBLOWER, 8 hp, 26" very good condition. Call 286-1234. (9)

SLABWOOD FOR SALE — hard and soft, \$40 hard & \$20 soft, free delivery within 5 miles of mill. Phone 457-1011, Hyland Lumber (9)

SIMPLICITY SUPERTWIN washer Spin Dryer in good condition. Call 457-2076. (9)

1973 Motoski, 440 Capri, excellent cond., new skis and sliders, 900 original miles, \$500; 286-1340. (11)

1978 Mercury Bobcat — 4 cyl. standard, mileage 9000 km, call 286-2294 after 4:30. (11)

Stacker for washer-dryer desk & chair, wood book case, portable typewriter and case. 286-1340 (11)

Sawdust - burner - unlimited heat - easily attached Phone 488-2553

FOR SALE

Three-bedroom house by the river. Full basement. Good terms. 286-1788

FOR SALE

1972 Dodge Monaco Station Wagon. Best offer over two hundred dollars. 286-1068

Final sale — Downhill SKIS, bindings and boots also cross country boots. Limited sizes, brand new \$12. New Scott boots for \$189. Phone 754-2461.

WANTED

Wanted: All types of scrap metals, copper, brass, battery lead, die cast, aluminum, rads, gen. & starters. Old cars, truck, machinery. MINDEN METALS. 489-2065 R R 2 Minden.

HEAD SAWYER for saw-mill. Must be experienced, call Hyland Lumber 457-1011. (9)

We now purchase fresh BEEF HIDES. Call Kennedy Surplus 457-1771. (10)

FOR RENT

Apartment for rent - two bedroom. 754-2447

Coming Event

Garage Sale coming soon in our basement. Dishes, household articles some antiques. 754-2447

Manners



Dress simply and be in style

Save your Life?



Give...
THE HEART FUND

Help your
HEART
FUND

Love, Alma.
HAVE A FRIEND who needs advice? Send the problem to ASK ALMA, P.O. Box 43, Closter, N.J. 07624 and watch for the answer in this column.

Is your FIRE INSURANCE adequate?

ARE YOU INSURED TO VALUE?

Call today for a free estimate on a 'home-owners' policy or a summer dwelling package.

Let us Help you improve this part of your Annual Housekeeping Budget.

MARK S. VASEY
INSURANCE AGENCY 1976

MINDEN: Vern Gartshore, 286-2231

HALIBURTON: Cam Carey, 457-2300
or Res. 457-1824

SERVICES

**SEPTIC TANK PUMPING
ALL TYPES**
Holding Tank Contracts
24 Hour Service
JOE RIVERS
286-2057
R.R. 2 Minden

Call
J & S SERVICES
anytime for
PIANO TUNING and complete repairs.
ALSO
TV ANTENNA SALES,
Service and Expert Installation.
24 hr. Answering Service
Phone 457-2053

• DISC JOCKEY •
now available in the area!
For: Weddings, Anniversaries, Parties. Large selection of records and tapes for all types of music. Call Ray Woodward, 754-2040.

NEED EXTRA INCOME?
Part time or full time, call Nick or Maria at 754-2461, evenings between 6 and 9 pm. (except Tuesday). (5tfn)

Casual GUITAR LESSONS, for beginners and experienced. Contact Bill Martin at Arrow TV 457-1091. (10)

The body of an adult man houses about 100,000 miles of arteries and blood vessels.

The wheatear is the only American land bird that regularly migrates between North America and Africa.

Winter temperatures in Antarctica can drop as low as 127 degrees below zero Fahrenheit.

BUSINESS SERVICES

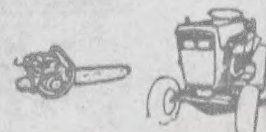
Cameo
The exciting world of textile painting. "Quilt Blocks", "Material". For more information contact Audrey 754-2447

**LES SCHELL
PUMPING
SEPTIC
&**

HOLDING TANKS
Well cleaning, 2000 gallon capacity, quick quiet efficient service. (9)
Call Anytime, 457-1152.

MARIA'S
Dressmaking & Alterations
Seat covers, curtains, and ALL types of clothing alterations for men and women. Call Maria, 754-2461. (9)

NORTH SHORE Lawn & Garden Equip



Sales - Service - Parts

• Stihl & Echo Chainsaws
• Bolens & Canadiana tractors, mowers, tillers
• Polaris Snowmobiles
• Briggs & Stratton
• Tecumseh
• Kohler
• M.T.D.

REPAIRS TO
ALL MAKES
489-2489



Ask Alma

Dear Alma:

My son and his wife have been having marital problems and do not maintain contact with the rest of the family. I write and send them gifts at holidays and occasions but get no response.

This has been going on for a year. Should I continue to act as if nothing is wrong? — H.R.

Dear H.R.:

Only if you're sure you can't help in any other way. Have you offered a sympathetic ear to one or both of your kids? Have you suggested counseling?

Keep on sending the cards if you like but at this point, I'd skip the presents. Even marital strife does not excuse the thoughtlessness of not acknowledging gifts. Send your love instead.

Dear Alma:

Facing a toothpaste tube with an unsealed bottom is a crummy way to start and end the day. This morning I tossed the offensive thing into the trash basket and started a new one. Tonight the oozer was back in the

medicine cabinet.

My wife told me she was not about to waste \$1.29. I wanted to chalk it up to one

bad tube out of many used over the years. I called her a cheapskate and we had a battle.

Alma, who's right here? It seems like a dumb thing to fight about. — Hallendale, Fla.

Dear Hallendale:

Why argue? Manufactured products with flaws should be returned to the store of purchase. Take the refund and go make up over an ice-cream soda. (Then brush.)

Dear Readers:

I'd like to share a "belt-tightening," inflation-inspired chuckle with you. In a recent airplane trip (economy class!), I sat next to the great comedian, Henny Youngman. He related to me the following:

"I went to the supermarket the other day and I thought I was in church. All up and down the aisles women were muttering, 'Oh my God, oh my God.' Can you top that?"

SPRING IN FOR SAVINGS

THE NORLAND CENTRE



PANTY HOSE

Prepriced 1.50 pair
3 pairs. .99

CLOTHING DEPARTMENT

Corner of Hwy. 35 and
Hwy. 503

Susie Boutique

Doll and Clothes
1.99 value, now .99

dinner savings



Tetley - orange pekoe
tea bags
pkg. of 72

1.59



Libby's - Canada fancy
tomato juice
48 fl. oz. tin

.59

E.D. Smith garden cocktail .26 fl. .69
Mrs. Smith frozen apple crumb or apple pie 25 oz. pkg. 1.29
E.D. Smith cherry or blueberry pie filling 19 fl. oz. tin 1.29
Bluewater frozen thrift pack fish fries 32 oz. pkg. 2.79

lunch savings

assorted McBigs 700 gram pkg. 1.19
vegetable or tomato condensed Aylmer soup 4 10 fl. oz. can .99
Saico flaked light tuna 185 gram tin 1.29

lunch savings



York smoothy
peanut butter
1 kg jar

1.99

PREM luncheon meat 12 oz tin 1.19

savings on drinks

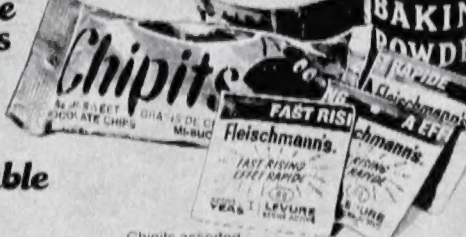


ground coffee
Maxwell House
1 lb. bag

2.99

instant coffee 2.27 oz. 5.49
assorted fruit flavours Quench crystals 23.3 oz. 1.39
Welch's prune nectar 40 fl. oz. bottle 1.29

save up to \$7.00
write your own cheque
refund on these leading brands



details available in store

soft corn oil
Fleischmann's margarine 2 lb. bowl 2.29

family & home care savings

toilet bowl cleaner Sani-Flush 34 oz. cont. .79
cold water detergent Arctic Power 6 litre box 2.89
toothpaste Ultra Brite 100 mL cont. 1.19
Kleenex facial tissue 200 pkgs. .69
boutique napkins 120 pkgs. 1.29

grocery savings

Dr. Ballard's dog food 15 oz. tin 2.59
Beef, Cheese or Beef & Kidney marmalades 12 fl. oz. jar .89
Crosby pure Barbados Gold Star molasses 675 gram cont. .69
Planters vac pack cocktail peanuts 350 gram tin 1.39
Dr. Ballard's - Burger Bits dog food 10 kg bag 6.39
plastic Saran Wrap 100 ft roll 1.05
Kleenex paper towels 2 roll pkg. 1.09

family & home care savings



Glad garbage bags
pkg. of 10

.99

bathroom tissue 4 roll pkg. 1.19
Delsey regular, sanitary napkins pkg. of 12 .93
Confidets concentrated Borateem 2.2 kg box 1.99

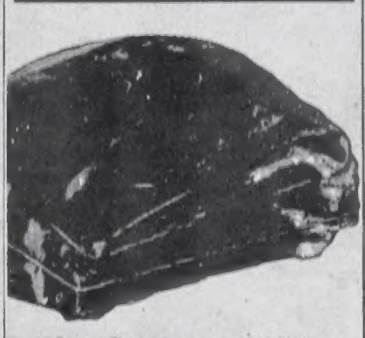
meat savings

You save twice with trim and price boneless
stewing beef 1.98
cut from Canada grade "A" beef blade steaks 1.68
Maple Leaf cryovac sweet pickled cottage rolls 1.58
Burns Italian style hot or sweet sausage 1.18
Canada Packers Devon Brand small link sausage 1.09
Maple Leaf ham steaks 6 oz. pkg. 1.48
Schneiders chicken, bologna, headcheese, mac & cheese, pickle & pimento pork loaf or luncheon meat 6 oz. pkg. .68
baked m. Summer Sausage 1 lb. .99

produce savings

ONTARIO POTATOES 20 lb. bag 1.19
Everybody's Favourite McIntosh Apples 3 lb. .99
Mild Sweet SPANISH ONIONS 2 for .59

meat savings



cut from Canada grade "A" beef
chuck short
rib roast

1.55 lb.

cut from Canada grade "A" beef
chuck arm
shoulder
steak 1.78 lb.

Maple Leaf cooked ham 6 oz. pkg. 1.19

cut from Canada grade "A" beef
boneless
blade
roast 1.78 lb.

Clothing Specials

Girls 7-14 L/S Western Look Blouse 6.99
Dome Fasteners Ladies 38-44 S/S SKIVVY 5.99
100% Acrylic V neck Boys 4-6X L-S, dome fasteners Denim Lock Shirt 5.99
Sizes 36-50 - Men's WORK OVERALLS 15.99
Men's S-S, sizes S-XL SPORT SHIRTS 8.99
Unisex S/S Wrangler, S-XL T-SHIRTS 6.99

*values effective until closing Saturday March 31, 1979
*we reserve the right to limit quantities
*financed and serviced by National Grocers Ltd

STORE HOURS:

Monday to Wednesday, 9 a.m. to 6 p.m.
Thursday to Sunday, 9 a.m. to 9 p.m.